



# Effective Health Care

## Screening for Obesity in Children Nomination Summary Document

### Results of Topic Selection Process & Next Steps

- Screening for obesity in children was found to be addressed by the 2005 U.S. Preventive Services Task Force (USPSTF) recommendations on screening and interventions for overweight children and adolescents and the corresponding AHRQ evidence synthesis from 2005. Given that the existing AHRQ report covers this nomination, no further activity will be undertaken on this topic.
  - Whitlock E, William S, Gold R, et al. Screening and Interventions for Childhood Overweight: Evidence Synthesis. Evidence Synthesis No. 36. Rockville, MD: Agency for Healthcare Research and Quality. July 2005. <http://www.ahrq.gov/downloads/pub/prevent/pdfser/chovsyn.pdf> (Targeted update in progress)

### Topic Description

<b>Nominator:</b>	Public payer
<b>Nomination Summary:</b>	This nomination includes both screening for and medical management of obesity in children.
<b>Key Questions from Nominator:</b>	None

### Considerations

NOTE: Although the nomination includes both screening and management of childhood obesity, this nomination summary document only addresses screening for obesity in children. Medical management of obesity in children will be addressed in a separate nomination summary document titled *Treatment of Obesity in Children and Adults*.

- This topic meets EHC Program appropriateness and importance criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- This topic was found to be addressed by the 2005 AHRQ report titled *Screening and Interventions for Childhood Overweight: Evidence Synthesis*. This report is currently being updated as a targeted systematic review titled *Effectiveness of Primary Care Interventions for Weight Management in Children and Adolescents* to facilitate the update of the 2005 USPSTF recommendations. This targeted update does not formally update the screening evidence from the 2005 report; however, the recommendations will include screening and treatment. Key questions from this update report include:

1. Do weight management programs (behavioral, pharmacological) lead to BMI, weight, or adiposity stabilization or reduction in children and adolescents who are obese ( $\geq 95$ th BMI percentile) or overweight (85-94th percentile)?
    - a. Do these programs lead to other positive outcomes (e.g., improved behavioral or physiologic measures, decreased childhood morbidity, improved childhood functioning, or reduced adult morbidity and mortality)?
    - b. Do specific components of the programs influence the effectiveness of the programs?
    - c. Are there population or environmental factors that influence the effectiveness of the programs?
  2. Do weight management programs (behavioral, pharmacological) help children and adolescents who were initially obese or overweight maintain BMI, weight, or adiposity improvements after the completion of an active intervention?
    - a. Do these programs lead to other positive outcomes (e.g., improved behavioral or physiologic measures, decreased childhood morbidity, improved childhood functioning, or reduced adult morbidity and mortality)?
    - b. Do specific components of the programs influence the effectiveness of the programs?
    - c. Are there population or environmental factors that influence the effectiveness of the programs?
  3. What are the adverse effects of weight management programs (behavioral, pharmacological) attempting to stabilize, reduce, or maintain BMI?
- An updated literature scan for trials published after 2005 assessing the effectiveness of monitoring or screening for overweight and obese children was conducted. No relevant trials were found.